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National School Breakfast Week: March 7 to 11

Celebrate National School Breakfast Week (NSBW) 2016 with the theme of **“Wake Up! To School Breakfast.”** Food service managers use the event to market their meal programs and increase participation.

Now is a good time to start planning your celebration with free tools and resources.

Some of the most common activities are:

- Decorating the cafeteria with posters, balloons and more
- Inviting special guests to attend breakfast
- Serving up special new menu items on the line
- Activities, games and contests for kids

Two resource banks that offer timesaving tools and resources in celebration of NSBW are found at:

USDA’s Healthy Meals Resource Bank: <https://healthymeals.nal.usda.gov/features-month/march/national-school-breakfast-week>

AND

The **School Nutrition Association’s** web site

www.schoolnutrition.org/nsbw.

The School Nutrition Association (SNA) offers member resources specifically geared to NSBW with some materials accessible to the public.

Whether it be USDA’s or School Nutrition Resources, both offer a number of useful tools and celebration ideas to help get you ready for a successful NSBW.

Check out some of the online tools, such as:

- **NSBW Tool Kits** (by both USDA and SNA).
- **Posters and other promotional items** (by USDA and SNA).
- **Certificate of Completion** (by SNA). Use the template certificate to say thank you to your staff for all their hard work during NSBW or to recognize the school which had the largest

increase in participation or came up with unique celebration ideas.

- **Breakfast = Achievement** is a recently revised Missouri Team Nutrition (MO TN) flyer providing at a glance talking points, benefits and resources for schools wishing to start a breakfast program in their schools. Order forms with instructions available at <http://health.mo.gov/living/wellness/nutrition/schoolwellness/parents.php>

wake up!
to
School Breakfast



DESE FNS Summer Workshops 2016

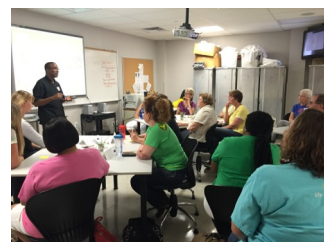
Food and Nutrition Services (FNS) announces its **2016 Summer Workshops' schedule**.

FNS welcomes food service staff to set plans to attend! **Topics will cover the latest regulations and trends** happening in school food service and offer CEUs to help meet staff's professional standard requirements.

New locations and training dates have been added to these full day workshops throughout Missouri. Registration will be online and information will be announced in "**News and Updates**" or <http://dese.mo.gov/financial-admin-services/food-nutrition-services/news-and-updates>.

The scheduled dates and locations are as follows:

- June 28, Cape Girardeau Career and Tech Center, 1080 S Silver Springs Rd, Cape Girardeau, MO 63703
- June 29 & 30, St Louis, Rockwood School District, location to be determined
- July 6, Kirksville School District, 1515 Cottage Grove Ave, Kirksville, MO 63501
- July 8, Jefferson City, Blair Oaks Middle, 6124 Falcon Ln, Jefferson City, MO 65101
- July 19, St. Joe School District, location to be determined
- July 20, Kansas City, Grain Valley North Middle, 31608 NE Pink Hill Rd, Grain Valley, MO 64029
- July 26, Joplin, East Middle School, 4594 E. 20th St. Joplin, MO 65801
- July 27 & 28, Springfield, Kickapoo High School, 3710 S Jefferson Ave, Springfield, MO 65807



Discover MyPlate: Emergent Reader Mini Books



Discover MyPlate offers a series of six mini-books for the emergent reader showcasing words that help children build literacy skills while learning about the five food groups and MyPlate.

1. **Fruits** includes the sight words: the, is, eat, are and I
2. **Vegetables** includes the sight words: I, have
3. **Protein Foods** includes the sight words: I, see
4. **Grains** includes sight words: I, like
5. **Dairy** includes sight words: has, make, she, can, likes
6. **A MyPlate Meal** includes the sight words: I, she, he, we, has, have

Available from USDA Team Nutrition in two formats:

- In print, the mini-books can be ordered

online at <https://pueblo.gpo.gov/FNS/FNSPubs.php>

- As eBooks (as well as in PDF), for download. If you have difficulty opening any of these files in your internet browser, please right-click on the link and "save target as..." to download.

Each eBook includes audio narration that highlights the text as it's read aloud, drawing and coloring palettes, colorful characters, and interactive games and mazes.

The Two Bite Club and its Spanish counterpart **El Club de los Dos Bocados** are two additional mini-books that complement and complete the series. All available through USDA Team Nutrition.

Mini-books featuring Discover MyPlate are free through USDA Team Nutrition!

Children with Disabilities in Child Nutrition Programs

IMPORTANT UPDATE

Current regulations and guidance require reasonable accommodations for children whose disability restricts their diet when supported by a medical statement signed by a licensed physician. USDA, Food and Nutrition Service has determined it is also reasonable to permit other state-recognized medical authorities to complete and sign a medical statement for meal accommodations in the Child Nutrition Programs. A state recognized medical authority for this purpose is a state licensed health care professional who is authorized to write medical prescriptions under state law.

In Missouri the list of recognized medical authorities that may complete and sign a medical statement for a child whose disability restricts their diet has

been expanded beyond the current licensed physician (M.D. or D.O.). The complete list of medical professionals includes:

- licensed physicians
- physician assistants
- assistant physicians
- and nurse practitioners

The updated Medical Statement for Student Requiring Special Meals is located in the "Food and Allergy Information" link under the Nutrition Services homepage. A direct link is <http://dese.mo.gov/financial-admin-services/food-nutrition-services/food-allergy-information-0>.

The USDA memo SP 32-2015 State-ments Supporting Accommodations for Children with Disabilities in the Child Nutrition Programs has been

amended to include recognized medical authorities in Missouri. The location of the memo is found in the same link.

If you have any question please call Food and Nutrition Services at 573-751-3526.



March is National Nutrition Month!

National Nutrition Month® (NNM) is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The theme for 2016 is "Savor the Flavor of Eating Right,"

The NNM® messages and campaign can be easily applied in the middle and high schools as well as elementary sites. Interested schools can go to <http://www.nationalnutritionmonth.org/NNM/> for a toolkit, event ideas for schools, a power point presentation and interactive online games and quizzes plus much more. Here are just a small sample of some event ideas courtesy of NNM®.

- Create a "nutrition question of the day" contest sent by email or posted on a display. Draw the name of a daily prize winner from those who provided the correct answer. Suggested prizes: NNM pens, pencils, magnets, buttons or cooking items from the NNM catalog. Award a grand prize at the end of the month drawn from all correct submissions.
- Vote for your favorite fruits and vegetables: Offer a selection of fruits and vegetables cut into bite-size pieces. Ask participants to vote for their favorite vegetable and

fruit. Post a tally board to record votes. Handout "20 Ways to Get More Fruits and Vegetables."

- Take a field trip to a farmer's market or a local farm.
- Assign a school group project that involves each group researching one of the food groups, allowing each child to explain a food from that food group and what nutrition it provides.
- Host a "MyPlate Champion" event in your classroom.

Like NSBW, use this event to market your school nutrition programs!



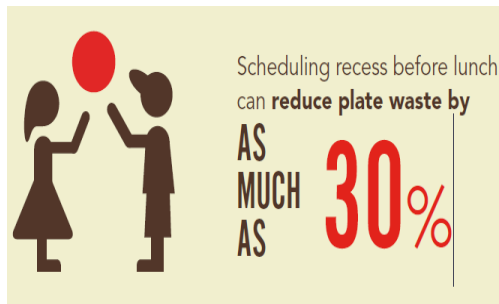
MISSOURI RECESS BEFORE LUNCH TOOL KIT

Missouri Team Nutrition will be developing a comprehensive guide book for school lunch administrators wishing to learn the ins and outs of recess before lunch (RBL).

Recess before lunch is a practice that schedules a school day with recess right before the lunch period. This flip in the schedule seems intuitive yet involves planning and working out processes in a different order.

It is with the purpose of providing practical steps, the know-how and relevant talking points that will guide the tool kit as its being developed. The practice has been researched and

school food administration and teachers have taken a notice of **an increase in students' appetite, decrease in food waste, less tummy aches and students returning to the classroom calmer and more ready to learn.**



Missouri Team Nutrition is seeking to show case in-state plate waste studies conducted under the guidance of food service directors/managers as part of their process to

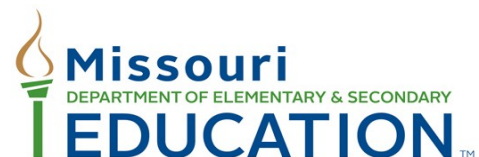
implement RBL into their schedules.

School personnel are encouraged to contact Alma.Hopkins@health.mo.gov (email) or 573.751.2342 (phone) to discuss and show case your school site(s) plate-waste study. Thank you for your consideration!

In the meantime, **a quick reference and promotional flyer on the benefits of RBL** can be ordered through MO TN. To download an order form with instructions, go to <http://health.mo.gov/living/wellness/nutrition/schoolwellness/parents.php>.

Food and Nutrition Services
P.O. Box 480, 205 Jefferson Street
Jefferson City, Mo 65102
Phone # 573-751-3526
Fax # 573-526-3897

<http://dese.mo.gov/financial-admin-services/food-nutrition-services>



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